

Plan This Week's Goals <small>(based on your 10-wk goals)</small>	Monday	Tuesday	Wednesday
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
Thursday	Friday	Sat/Sun <small>(or flex)</small>	Review Your Week <small>(or flex)</small>
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6